Dante Bruno, Megan Mitchell

Mentor: Franki Y.H. Kung, Ph.D.

*Productivity Tool Usage, Goal Models, and Quality of Goal Pursuit Experiences*

**Abstract**

Recently, research on multiple goals has generated new knowledge that the way individuals organize their goals can roughly fall under three categories: according to goals’ level or rank (hierarchy), degree of association (network), or chronological order (sequential) (Kung & Scholer, 2021). In this research, we examine the relations between individuals’ goal model styles and productivity tool usage, and individuals’ tool usage relations to goal pursuit experiences (e.g., stress, life satisfaction).

To explore these relationships, we conducted an online survey with U.S. undergraduate students via a university’s subject pool (N=213; 58.7% female; Mage 19.64; 57.7% white). Participants reported their use of 13 productivity tools (e.g., checklist, kanban board), goal model styles (i.e., hierarchical, network, sequential), and relevant goal pursuit experiences, such as goal setting effectiveness (Erickson et al., 2018), stress (Cohen et al., 1983), and life satisfaction (Diener et al., 1985).

Overall, individuals’ tendency to mentally organize goals in sequences was linked to their use of specific productivity tools (e.g., flowchart), and variations in tool usage were associated with the quality of goal pursuit experiences (e.g., stress, goal setting effectiveness). This research adds new knowledge to the self-regulation and multiple goals literature, demonstrating that day-to-day goal regulation behaviors like productivity tool usage can have implications for how and how well individuals pursue their goals. This insight will motivate future research to further unpack these mechanisms and eventually help individuals to strategize goal management.